

Consul's Corner

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H1N1: Preventing the spread

Taking the Mystery Out Of H1N1

What exactly is H1N1 and why does it have everyone so concerned? Dr. Erika Schwartz, Medical Director of Cinergy Health, says, "The swine flu is really just a cold -- a mild flu." Despite the media alarms, families should not get scared, she advises. With these simple tips, you and your family can avoid getting sick.

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What exactly is H1N1 and why does it have everyone so concerned? Dr. Erika Schwartz, Medical Director of Cinergy Health, says, "The swine flu is really just a cold -- a mild flu." Despite the media alarms, families should not get scared, she advises. With these simple tips, you and your



Germs cause diseases, including H1N1. Stopping the spread of germs can reduce your risk of catching diseases.

family can avoid getting sick.

Sleep

Getting enough sleep -- eight to ten hours each night for grade-school children through adults -- can be one of the best things you can do to help boost your immune system.

Vitamin C

Make sure you're getting enough vitamin C. Oranges, orange juice, grapefruit, kiwi, strawberries and other fruits and vegetables are all good natural sources. Adults can safely take 10,000 to 15,000 mg daily, says Dr. Schwartz.

Stay Home

Keep your kids (and yourself!) home from school or work if you're feeling ill. "We have this cultural bias today -- we reward kids that have perfect attendance, and I'm sure no one goes through perfect attendance without going to school sick," says Dr. Schwartz. "Let's reward families for social consciousness instead!" says Dr. Schwartz, who reminds us that it is much more important to not spread disease than it is to be at school or work every day.

Change Your Clothes

When you get home from work or your children get home from school, take a moment to sit down, take off your shoes, and change into different clothes. If time permits, jump in the

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UPCOMING HOLIDAYS FOR THE EMBASSY:

- December 25 (Friday) - Christmas Day
- January 1 (Friday) - New Year's Day
- January 4 (Monday) - Independence Day
- January 18 (Monday) - Martin Luther King's Birthday
- February 12 (Friday) - Union Day
- February 15 (Monday) - Presidents' Day

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shower or wash your children's faces and hands. "We wash up after playing outside or working in a factory or restaurant -- why not do the same everyday?" says Dr. Schwartz. Changing your clothes as soon as you get home helps not spread anything you've picked up during the day (think public transportation, office buildings, school rooms, the mall) and transfers those germs to the laundry pile instead of to your loved ones.

Let the Air In

Get air circulating! If you can, open up your home or office's windows. Let stale air out and fresh air in whenever you can. Packaged air recirculates bugs," adds Dr. Schwartz.

Get Outside

"Take the kids out for a break!" says Dr. Schwartz. Whether at home or at school, getting outside isn't just a great outlet for pent up energy, it offers kids (and adults) a chance to breath in fresh air and reboot. Even just a short walk out for a cup of coffee or a trip around the block exploring your neighborhood can work wonders.

Keep Surfaces Clean

Bathrooms, kitchen counter

tops, doors and knobs, computer keyboards, and more all retain germs. Wash down well-trafficked areas as often as you can.

Breastfeed Your Baby

Infants who are not breastfeeding are more vulnerable

Washing your hands prevents spread of germs. Sing 'Happy birthday' to yourself two times while washing with hot and soapy water.

to infection and hospitalization for severe respiratory illness than infants who are breastfeeding, states the Center for Disease Control (CDC). As a result, it's a good idea for women who aren't ill with influenza to initiate early and feed frequently. The CDC suggests that parents eliminate unnecessary formula supplementation so their child can receive as much maternal antibodies as possible.

How to Protect Your Child and Family from Swine Flu (H1N1 Flu)

As this story continues to develop the most important thing to remember is to keep your family up-to-date with the most current information

on H1N1. Here are a few tips from the Centers for Disease Control (CDC) to teach your children about Swine Flu.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

Avoid touching your eyes, nose or mouth. Germs spread this way.

Try to avoid close contact with sick people.

If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick.

Warning Signs

Worried that you or your child may have the Swine Flu? Here are the CDC warning signs. If anyone in your family is experiencing any of these symptoms, seek medical attention immediately.

In children:

Fast breathing or trouble

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breathing

Bluish skin color

Not drinking enough fluids

Not waking up or not interacting

Being so irritable that the child does not want to be held

Flu-like symptoms improve but then return with fever and worse cough

Fever with a rash

In adults:

Difficulty breathing or shortness of breath

Pain or pressure in the chest or abdomen

Sudden dizziness

Confusion

Severe or persistent vomiting

American Academy of Pediatrics

The AAP offers several tips for helping families with small children identify and manage the symptoms of Swine Flu.

www.aap.org/advocacy/releases/swineflu.htm

Centers for Disease Control and Prevention

The CDC's "Information for Concerned Parents and Caregivers" will help you identify the symptoms of Swine Flu and know what to do if your child gets sick.

www.cdc.gov/h1n1flu/

World Health Organization

To check what's happening around the world, head to the World Health organization for

official announcements.

www.who.int/csr/disease/swineflu/en/index.html

Health Map

On this site, you can view confirmed cases of Swine Flu on a visual map. Alerts will also send you to news articles for more details.

<http://healthmap.org/swineflu>

U.S. Department of Health & Human Services

Keep updated on U.S. cases of Swine Flu and watch Secretary Sebelius' "PlanFirst Webcast on H1N1 Flu" for her answers to common questions.

www.hhs.gov/

House Hunters International : Want to be on TV?

If you are 25-45 years of age and are in the final stages of closing or have already bought property in a country outside of the United States, you can become a star! HGTV (Home and Garden Television Network) is currently casting for the upcoming season of "House Hunters International."

At its core, HHI is a travel show. Each episode series will concentrate on the idiosyncrasies of the locales and what makes them special. A

great deal of effort will be made to capture rich visuals and to exposed to local vistas, traditions, lifestyles and architecture. Coverage will emphasize a location's beauty and uniqueness, as well as the individual family's journey. What does it actually take to make the move? What are the pitfalls of investing in the international real estate marketplace?

Find out more on their website: <http://www.hgtv.com/>

house-hunters-international/show/index.html

If you are interested in taking part, please email [Richard Bowler at Leopard Films \(Richard.bowler@leopardfilms.com\)](mailto:Richard.Bowler@leopardfilms.com) with a few brief descriptions about you (your name, where you are moving to/from, and a photo of the family members involved, etc.).

Happy 40th Birthday, Sesame Street!

The television program many of us grew up with is turning 40! We all have our favorite muppet, and many of us have shared the program with our kids, too!

There's no resting on their well-earned laurels for the *Sesame Street* Muppets: after 40 years of broadcasting, an amazing 122 Emmy Awards, and shows in more than 140 countries, the longest-running program in the history of children's television is coming to



During the last 40 years, we've met many new friends on Sesame Street!

you on November 10 with a new year of programming.

Sesame Street's big anniversary is being marked by a number of events across the country.

New York City has proclaimed November 10 "*Sesame Street Day*" and announce a temporary street naming (at Columbus Avenue and 64th Street) in honor of the program's permanence and everlasting impact on four generations of children.

Also on November 10, an exhibition "*Sesame Street: The Longest Street in the World*" will be unveiled at Washington, D.C.'s Union Station; the Smithsonian's Discovery Theater will throw a birthday bash on November 15; and

the Brooklyn Public Library will honor the show with a three-month-long exhibition.

One of the longtime cast members, Bob McGrath, who has played himself since the first episode said, "It's been like a magic carpet ride, and a tremendously exciting time. . . None of us anticipated that it was going to have the impact around the world that it has had. We didn't have any long-term outlook. It was just a very joyous thing from the get-go. But I think we all had a good gut feeling after that first year that we were on to something special. It was an extraordinary experiment that's worked out miraculously."

It sure has.

Embassy Hosts Senior State Department Officials

Assistant Secretary of State for East Asian and Pacific Affairs Kurt Campbell and Deputy Assistant Secretary Scot Marciel traveled to Burma November 3–4. Campbell is Washington's top official for East and Southeast Asia. They met with senior government officials, including Myanmar Prime Minister Thein Sein, and with members of the opposition, including Daw Aung San Suu Kyi,

and representatives of ethnic groups.

Before departure, Campbell described the visit, "This was an exploratory mission designed to explain to key stakeholders inside the country the results of the U.S. policy review towards Burma and the strategic goals of our country that the review underscored: strong support for human rights, the release of Aung San Suu Kyi and all

other political prisoners, and the pursuit of democratic reform."

At every meeting, the United States underscored its strong commitment to see Burma as a place that respects the human rights of its people, promotes democracy, and abides by U.N. resolutions with regards to proliferation.

Massachusetts voters: Special primary announced!

Massachusetts Military and Overseas Voters, Submit the Federal Write-In Absentee Ballot (FWAB) NOW for the December 8, 2009 Special Primary!

On Tuesday, December 8, 2009, Massachusetts will hold a special primary election to fill the vacancy left as a result of the passing of **Senator Edward M. Kennedy**. A special State election will follow on Tuesday, January 19, 2010.

Massachusetts jurisdictions are currently express mailing ballots to military and overseas voters. If you receive the regular State ballot, follow the instructions provided with the ballot. There will be an address form included with the State of Massachusetts' express mail number for returning the voted ballot. Vote and return it immediately! Note: Expedited mail may not be available to all locations (See eligible Zip Codes at:

http://ribbs.usps.gov/apo_fpo/documents/tech_guides/EMMSdirectory.pdf.)

If you have not received the regular State ballot, use the FWAB now and return it by email, fax, or mail.



If you are a voter in Massachusetts, it's time to cast your ballot!

Although local election officials began mailing ballots on November 9, 2009 do not wait until you receive it! Massachusetts allows you to use the FWAB as a simultaneous ballot request and ballot even if you have not applied for a State absentee ballot (registration is waived). The FWAB is available from your

Voting Assistance Officer or at www.fvap.gov.

Get started by following the prompts at www.fvap.gov to complete the FWAB. Vote the ballot by using the official candidates list below or write-in the name of a candidate of your choice. No witness or notary is required.

For more information about the candidates, please go to:

http://www.sec.state.ma.us/ele/elespeif/senatorincongressma_can.htm

For more information about how to submit your ballot, or other questions, please go to the Massachusetts election website at:

www.sec.state.ma.us or visit FVAP at: www.fvap.gov.

Reaching out to older Americans

State Department's Bureau of Consular Affairs is currently working on an outreach strategy for older Americans, both those who are traveling abroad and those who chose to retire outside the U.S. As

part of this effort, they have reached out to a number of organizations, including Exploritas (formerly known as Elderhostel) that arrange international travel for such groups. Exploritas has in-

country coordinators who handle logistical arrangements for the groups, including emergency response. We may be contacting you to inquire about serving as wardens.

American Embassy Rangoon

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After hours emergencies: 09-51-24330
Fax: (95-1) 650-480
E-mail: consularrangoon@state.gov
Website: <http://rangoon.usembassy.gov>



Coming to Burma? AmCits register with us!

Please register with us! We welcome your visit to our Consular Section during American Citizen Service hours (Mondays through Fridays, 2:00 p.m. to 3:30 p.m.). We are here to help you with routine and emergency services. We can better serve you if you are registered with us. Drop by and complete your registration form. Alternately, you may register online at <https://travelregistration.state.gov/ibrs/ui/>

If you are already registered with us, please let us know if you have changes (e.g. new baby, new phone number, moved, etc)

Please call us if you have any questions.

Burma Shavings: Want to get it?

If you would like to receive the Embassy's weekly newsletter the "Burma Shavings" electronically, please send an email to the Community Liaison Officer at clorangoon@state.gov.

The Burma Shavings includes Embassy events, community events, classifieds, etc.

Also, if you would



Subscribe to the Burma Shavings to get info about goings on in Rangoon.

like to advertise a classified or event in the Burma Shavings, please email [Bur-](mailto:BurmaShavings@state.gov)

maShavings@state.gov with your wording and contact information.